

Kushed Bulletin

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Winter BBQ and the Shed's Own Cookbook Release



The Winter BBQ was a great success with over 60 members and guests attending. Our thanks to Ruth and the cooking group for the preparation of salad, cooking and clean up. Di Seely's cherry trifle was appreciated by all as was David Wood's manning of the desk. Thanks too, to all who pitched in to clean up.



Tony, JJ and Geoff having a good time



The cooks going full bore



The money bags

Shed Cookbook



The BBQ was also the occasion of our sensational Cookbook release. The production of the cookbook was a real team effort of a number of people.

President Paul, in announcing the official release made special mention of the support of Bendigo Bank for their seed grant and in attending the function, Tony Williams for arranging free printing with Bluestar Print, Ruth Fulton for the recipes, Bruce Donnelley for compilation of the content, Stephen Lloyd for scripting and proofreading and last but not least, Hetta Mollema for the layout, editing and creating the digital version.



Those that were involved in the creation of the Cookbook

Many men are skilled in the art of cooking. Others, void of culinary knowledge are often thrown into the deep end out of necessity due to unforeseen circumstances.

In 2010, The Shed formed a cooking group with a view to helping members who needed to learn how to cook in order to look after themselves and / or their partners. It was considered that being able to cook allows men to remain independent longer and reduces the pressure on family carers and the already strained social services.

This book shares a set of recipes. One for every month of the year. The recipes for each month are presented as a 3-course meal, but each individual recipe can also be used as a standalone course.

You can secure your copy of this indispensable kitchen aid for a donation of \$10. If not for the cooking, you may find you have been immortalised in the photos of the Shed's activities in the book.

The books are now also for sale in the Turramurra and Lindfield branches of the Bendigo Bank.

Better Business Partnership Awards

The Ku-ring-gai Council asked the Shed to make 11 trophies for the Better Business Partnership awards. The request was to use recycled materials wherever possible as part of the sustainability drive in the community. The proposed trophies, below, fulfil this need. They were made by Chris and Hetta.



The 2 trophies on the left are respectively the Overall winner and the People's choice awards. The flowing design of the letter "P" reflect the importance of Partnership in any enterprise.

Together with the overall winner's trophy, the trophies on the right are made from the last remaining sections of old hull plate from the Pilot Vessel *John Oxley*. The ship is being restored by the Sydney Heritage Fleet to operational condition. The trophy shows the corrosion on the hull plate since it was built in 1927 near Paisley, Scotland, on the river Clyde. The base is made from the original teak decking from 1927, which needed to be removed to restore the steel deck beams.

The wooden award is made from donated, recycled, Cypress Pine timber. In its former life, the beautiful grained wood was part of a cabinet. The Ku-ring-gai men's shed frequently recycles donated wood, materials and tools. Its creative use saves it ending up in a landfill while giving joy to those who use them.

The awards were presented to the winners by NSW Premier, Gladys Berejiklian. [Read all about the awards](#) at the Council website and the winners on the [Better Business Partnership website](#), where we got an honorary mention as the suppliers of the trophies.

Bendigo Bank Staff Grants Night



Mike Schwartz accepting the bank's novelty cheque for \$500 from Dean Castell, on behalf of the Shed, at the recent Bendigo Bank Staff Grants Night.

Tony Varrall
Order of Australia Medal in the General Division
(OAM)



Tony has been recognised in the 2017 Queen's birthday honours list with an OAM. It is good to see people receiving honours for their selfless voluntary work rather than for doing their paid job. Volunteering is one of the main stays of a vibrant society.

Tony has been awarded the OAM for just such a cause. The citation for the medal identifies his services to people with a disability. It includes him being an Ambassador for Spinal Cord Injuries, then a Board Member and finally its President plus being a Member of a range of sub-committees for varying periods including Board Development and Governance, Finance and Audit, CEO Liaison and Members issues.

The award also recognises his work for our Shed as Vice-President, a committee member and coordinator.

He is also a past member of the Ku-ring-gai Access Committee. This local Council committee deals with providing information, options and opportunities for people with disabilities and to improve physical access across the Local Government Area.

Well done and we all congratulate him with receiving this well-earned recognition.

New container offloaded



The container for the materials of the large Bee-box order by the Ku-ring-gai Council has been placed on its footings next to our green container. The photo shows how it was done, if you did not already know it. Thanks to David Wood and Stephen Lloyd for the footings.

Missing tools



Over the last few months 3 roller support stands have disappeared from the metal shop. The last one to disappear was one bought to replace the previous 2 that had disappeared.

We would appreciate if anyone could enlighten us to their whereabouts, or if you have 1 or more of them to return them to the Shed.

We are also missing some sash clamps which probably went out securing a freshly glued project. Please return them.

As a rule, tools and equipment should not be removed from the Shed and only under extraordinary circumstances with the express permission of the coordinator on the day. Such detail must be recorded in the attendance book if granted.



First day back from his holiday Geoff found the kitchen in a putrid and disgusting state.

The Shedder June edition: Men's Health Week Special



[Click here](#) to read the special Men's Health Week June edition of The Shedder newsletter.

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Location: St Ives Showground, 450 Mona Vale Road, St Ives. Telephone: (02) 9983-9732

Web: <http://www.kushed.org.au>

Email: kushed@bigpond.com

Our mailing address is:

Ku-ring-gai Community Workshop 'The Shed' Inc

PO Box 216

GORDON, NSW 2072

Australia

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